



HEARTBEAT

A PUBLICATION OF THE JACKSON HEART STUDY ❤️ Spring/Summer 2021

Updates on JHS Exam 4

The Jackson Heart Study (JHS) Exam Center staff are excited to begin seeing participants in the Exam Center for Exam 4. After closely following guidance from federal, state, and local governments concerning the COVID-19 outbreak in our community, we anticipate being able to safely see our participants in person beginning the summer of 2021.

We will begin contacting some of you in the coming months to schedule your visit to the exam center for Exam 4. We are taking every precaution possible to ensure a safe visit for our participants as well as our staff. We will conduct temperature checks at the door for the participants, as well as daily temperature checks for our employees. Participants and staff will also be screened for any possible exposure to COVID-19. The waiting area, the exam rooms, and all equipment used will be thoroughly cleaned and sanitized in preparation for your visit, and cleaned and sanitized after each use. Face coverings will be required for the in-person visit. If you do not have a face mask one will be provided for you.

As a reminder, in Exam 4 we will measure your blood pressure, height, weight, waist circumference, ask for blood and urine samples, and obtain an electrocardiogram and echocardiogram. We also plan to complete some assessments from previous exams, including a food frequency questionnaire.

The JHS is also interested in measuring your physical function and brain health, as they are important for everyday living and can be affected by heart health. This will be done by observing you take a short walk, measuring your grip strength, and interviews on your memory and thinking abilities for everyday activities. Participants will be offered a magnetic resonance imaging (MRI) study of the brain, as well. This will be scheduled on a different day. There are also several additional research studies that will be conducted at the same time as JHS Exam 4. More details about these research studies will be shared with you when you visit the Exam Center.

Some of you have already been contacted and had some of the interview portions of the visit conducted by telephone. We will be contacting you to schedule the in-person part of your exam as well. We look forward to seeing you during Exam 4. In the meantime, stay healthy and be safe by following the recommendations provided by the Centers for Disease Control and Prevention (CDC) and the Mississippi State Department of Health (MSDH). Please continue to stay safe by practicing social distancing, frequent handwashing and wearing facemasks outside your home. —❤️—

JHS Exam Center Staff Prepare for Exam 4

We look forward to seeing you at the Exam Center for your in-person visit. Here is your chance to meet some of the JHS Exam Center team:



Horton

Dorothy Horton, RN-Clinical Research

I feel extremely excited to be afforded the opportunity to become a part of the Jackson Heart Study and its research into the causes of hypertension and heart disease.



Johnson

Belinda Johnson, Project Manager I

The Jackson Heart Study has become a vital lifeline for many of its participants over the past years. It is known worldwide for studying heart health in African Americans. Our participants have become faithful and steadfast in helping the study learn more about heart health. To continue our efforts, we are preparing for Exam 4 and excited to see our participants return to the Exam Center. The exam staff is looking forward to welcoming our participants to a clean environment with open arms and masked smiling faces. Expect to receive a call soon because we are waiting to see you. —❤️—



Harris

Debra Harris, Social Worker II

One of my favorite quotes is 1 Corinthians 16:14, "Let all that you do be done with love." I try to apply that scripture to my daily life. I look forward to assisting the participants of the Jackson Heart Study.

Director's Corner



Dr. Mario Sims
Interim Director, Jackson
Heart Study

Greetings to the Jackson Heart Study family! It is my pleasure to welcome you to this edition of *Heartbeat*. We pray that all JHS participants, staff, trainees, and community partners have remained in good health and continue to remain safe during the COVID-19 pandemic.

Since becoming Interim Director and Principal Investigator of the JHS on January 1, we have accomplished the following: 1) submitted our semi-annual report to our funding agency, which summarizes our progress in each JHS center during the past 6 months; 2) we have seen the JHS scientific productivity (publications) steadily increase; 3) we have hired new staff in the Coordinating and Field Centers; 4) we have been in preparations for JHS Exam 4, which has been revised to take place in stages in order to accommodate our

participants during the pandemic; and 5) we have developed the coordination of administrative and scientific operations of ancillary studies (research studies) that are embedded in Exam 4 and studies that will take place as a return visit following Exam 4.

Our six JHS centers continue to engage in training undergraduate and graduate scholars in CVD epidemiology and engage our participants in cardiovascular health promotion and prevention as well as informing them on ways to stay safe during the pandemic. We are projecting that in-person exams will begin mid-to-late summer 2021. Please remain on the lookout for upcoming JHS events in the coming months as we get through this pandemic and return to normal life. We look forward to seeing you in the near future!

— Mario Sims, PhD, MS
Interim Director and Chief Science Officer
Jackson Heart Study

JHS Partners with UMMC EversCare

Mississippi has the highest rate of food insecurity in the nation (over 20%). As a way to fight hunger and build communities, the UMMC EversCare Clinic has developed a food pantry to support members of the community who are in need. EversCare partners with the Mississippi Urban League and the Mississippi Food Network to provide high-quality food items. In addition, a variety of health-related resources are provided to those who attend in hopes of improving overall health outcomes. Volunteers also play an important role in

assisting the EversCare team in distributing these resources to the community members. JHS staff members continue to show support by volunteering in preparing and distributing food bags to community members during these events. JHS participants are invited to attend the upcoming mobile food distribution events scheduled for July 21st, August 18th, September 15th, and October 20th from 10am to 1pm at 2548 Livingston Road, Ste 1., Jackson, MS 39213. For more information, call 601-815-3535. ↪



EversCare staff along with event volunteers.



Volunteers distribute food bags and health resources to community members.

Participant Spotlight: Pastor Charles Smith



Smith

I have been a part of Jackson Heart Study for more than 20 years. I have been in the insurance business for more than 40 years. I have been the children's pastor, along with my wife Gail, at New Horizon Church International for more than 30 years. We are blessed to be servants of God. What I love most about these roles is serving people's needs. I have four

beautiful daughters, five grandsons and two granddaughters. I love watching them help each other.

My daughters, then Tougaloo College students, told me about the JHS. What I like most about the JHS is its service to participants and its usefulness for the community. I am honored to participate in this study. I appreciate the service I have received and am thankful for everyone who makes the JHS work.

My purpose in life is to create a difference in the lives of the people I meet, empower parents and inspire children. In my book, "7 Steps to Raising Amazing Children," I say we are not just raising children, we are raising a generation and leaving a legacy for years to come! We have to be intentional about what we say and how we say things to our children. Our children are our future and we have to treat them like the gifts they are. I am thankful to serve people and help them help our children become more successful. It takes a village to raise a child and we all have to do our part. We have to take care of ourselves by exercising, eating better, and reading to stay fit to be great examples for those who follow us. Thank you, Jackson Heart Study, for being an example of how we are supposed to take care of ourselves. What you do will make it better for those who will follow us. ~~~~~

Community Health Advisor (CHA) Member Spotlight: Tommie Winters



Winters

What motivated you to become a Community Health Advisor (CHA)?

I was invited to a meeting by the then-president who was a dear friend of mine. I attended a couple of meetings and really admired what the organization stood for and what they were doing in the community. As a long-standing member of the Clinton community, I want to see

our community prosper and grow. CHA provides resources and help to improve our community.

How long have you been a CHA in Clinton?

More than 15 years.

What have you learned about health and wellness since becoming a CHA?

I have learned that your body needs to eat proper, exercise and get at least eight hours of sleep. Our bodies cannot live and be in good health unless we take action.

What would you tell someone about the Community Health Advisors Network (CHAN) who is thinking about becoming a CHA?

I would not become a member of something if it is not a desire in my heart. So, if you are willing and able to make changes in people and your community, you should consider becoming a CHA member.

How do you become a CHA in Clinton?

To become a member, you must submit an application. I am the contact person if someone would like more information about who we are and what we do. Anyone interested can let me know that they want to be a part of CHA. We are all

volunteers, so there are no set qualifications to be a member.

When recruiting new members, what characteristics do you look for?

We are seeking individuals that are willing to give their time and talent/s for the sake of life. I think that it is important to be dedicated and willing to donate anything (time, resources and knowledge). Our members are ready to give back to the community, whatever the event may be.

Describe the types of activities or programs the CHAN provides in your community.

We have a back-to-school partnership with the Clinton Community Christian Corporation (4Cs) to provide school supplies and book bags for students in the Clinton area. We also host health fairs for several churches in the community, partner with the Parks and Recreation Department to provide health activities for summer programs and host a fall festival to show our appreciation for the community. Around Christmas, we visit seniors and bring them food, funds, and gifts.

Which organizations, businesses, or people does your CHAN collaborate with in the community?

We are self-sustaining regarding the funding for our activities. We do rely on partnerships within the community to host events, such as the Parks and Recreation Department for the City of Clinton and several churches. We also partner with the Clinton Community Christian Corporation. ~~~~~

Clinton CHAN site

Meeting Date & Time: 4th Monday; monthly @ 5:00 pm

Contact: Mrs. Tommie Winters, winters01@gmail.com

JHS Community Engagement Center (CEC)

Crisis Engagement & Response: The Kappa Health Ambassadors of the Jackson and Canton-Madison Alumni Chapters of Kappa Alpha Psi Fraternity planned an outdoor event and crisis intervention in March. Collaborating with Kappa Leaguers, the Health Ambassadors seized the opportunity to support Jackson State University students during the recent water crisis.



Kappas were on campus distributing water and encouragement to JSU students and the surrounding community. The Kappas acquired 30,240 bottles of water from the MS Food Network for the event.

A gathering at the JSU Music Hall connected the Health Ambassadors with the award-winning JSU Sonic Boom of the South Marching Band. Band members, student-athletes, and other students received aid and encouragement through the hard-hitting crisis. Staff from the CEC and H.E.A.L. Mississippi provided blood pressure screenings and health information.

Secondary sites at the campus-neighboring St. Luther MB Church and G.A. Carmichael Family Health Center in Canton provided water to the community. Members of the fraternity,



along with young members of the fraternity's Guide Right Kappa League mentoring program also helped with the event.

Pink Goes Red for American Heart Month: The Kappa Health Ambassadors and Kappa Alpha Psi Alumni also partnered with the Rho Lambda Omega Chapter of Alpha Kappa Alpha Sorority for their annual Pink Goes Red event recognizing



February as American Heart Month. On February 5, the team donated heart-healthy gift bags to the University of Mississippi Medical Center. The 140 bags included blood pressure monitors, digital scales, pillbox organizers, lancets, health and nutrition information and CDs featuring exercises for chronic conditions. UMMC will give these bags to advanced heart failure patients.

The Rho Lambda Omega Chapter also held a virtual event with nutrition and heart disease education, games, and prizes. The event concluded with a 20-minute workout featuring Quest Fitness's Christiana Jefferson. Over 170 participants engaged and wore red in support of heart disease awareness. Pink Goes Red events were sponsored in part by the Central Mississippi Planning and Development District, the Institute for the Advancement of Minority Health, Quest Fitness, and the CEC. —

Undergraduate Training and Education Center (UTEC) - Tougaloo College

"I Can't Remember What I Yelled Back" a photo project by John Johnson



This photo collection was created by former Undergraduate Training and Education Center Scholar John Johnson (Tougaloo College, 2019) in response to recent murders of Black Americans at the hands of police officers. A Greenville, MS native, Johnson is a second-year medical student at the Warren Alpert Medical School at Brown University in Providence, RI.

"I initially made these photographs as a catharsis for myself but later realized they actually formed a project," he said. "The emotions surrounding issues like these are complex and this was my way of articulating my own." A video of his photography project may be viewed at

<https://youtu.be/i1HIgTXInRU>.

Graduate Training and Education Centers -

Jackson State University

JSU-GTEC Featured Scholar: Dr. Michael Ramsey



Ramsey

Ramsey is the consummate scholar: committed, dedicated, and totally astute. During his JSU career, he received multiple prestigious training awards, including a Graduate Summer Opportunity to Advance Research Program Internship at the National Institute for Minority Health and Health Disparities and a predoctoral fellowship working in the laboratory of Dr. Kelvin Choi. During this fellowship Ramsey published a manuscript with Dr. Choi in the journal of Preventive Medicine on cigarette smoking variation by race and

ethnicity. He also received a Society for Research on Nicotine and Tobacco Health Disparities Network Travel Scholarship and the GTEC Research Honor Award. He also received a Ruth L. Kirschstein National Research Service Award Fellowship to study the impact of cohabitation on hypertension among African American adults.

He finished his PhD in clinical psychology at JSU, successfully completing program milestones including written and oral comprehensive exams, a dissertation and the internship match process. On July 1, he began his clinical psychology internship at the University of Texas Health Science Center in San Antonio. —

University of Mississippi Medical Center

UMMC-GTEC Featured Scholars: Dr. Robert Booker and Dr. Raymond Jones



Booker

Booker graduated with his PhD in Exercise Science from Mississippi State University and accepted a postdoctoral position in Cardiovascular Disease Epidemiology at Northwestern University in Chicago. He had previously earned a baccalaureate degree in Exercise and Movement Science and a Master's degree in Health Promotion and Wellness Management from Missouri State University. Robert is also a certified exercise physiologist with the American College of Sports Medicine.

His research interests include sedentary behaviors, cardiovascular health, epidemiology, and technology integration. He seeks to understand mechanisms linking sedentary behaviors to declining cardiometabolic health as part of his overall goal to develop creative interventions to increase physical activity among individuals who are largely inactive. His career goal is to become a leading researcher on specifying pathways between sedentary behaviors and metabolic syndrome.



Jones

Jones graduated with his PhD in Kinesiology and Exercise Physiology from the University of Southern Mississippi and accepted a postdoctoral position in the Department of Medicine at the Center for Exercise Medicine, University of Alabama-Birmingham. He had previously earned a baccalaureate degree in Kinesiology and Exercise Science and a Master of Science in Exercise Physiology from Southeastern Louisiana University.

His research centers on how lifestyle behaviors influence the cardiovascular contribution to brain health. He focuses on the impact that sedentary behavior has on vascular health in racial/ethnic minority populations. Raymond hopes to continue a career in research and contribute to the ever-growing body of knowledge highlighting the importance of exercise as a high value therapeutic agent for all individuals and an approach that can reduce disparities in health outcomes. —

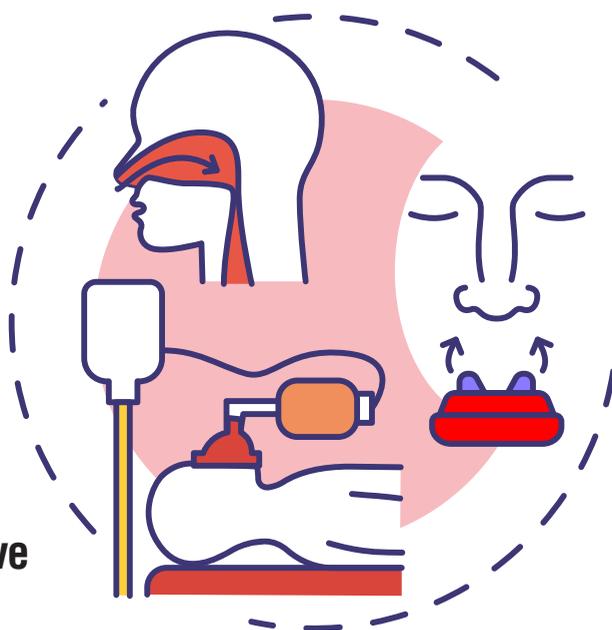
Sleep and breathing problems among African Americans

Purpose of the study

A good night sleep is important for a healthy heart. Obstructive sleep apnea is a serious breathing problem (that causes breathing to repeatedly stop and start) during sleep. It is related to high blood pressure, heart disease and more. This disorder has not been studied enough among African American adults. Jackson Heart Study researchers examined what factors contributed to obstructive sleep apnea among men and women enrolled in the Jackson Heart Study Sleep Study.

Major findings

- Levels of sleep apnea increased as participants became more obese
- More men than women had obstructive sleep apnea
- Older age, male sex, higher body mass index, larger neck circumference, and snoring were all related to obstructive sleep apnea



Take away message

Obstructive sleep apnea is a risk factor for heart disease. Nearly 1 out of every 4 African American adults in the Jackson Heart Study has undiagnosed obstructive sleep apnea. To address the high burden of heart disease among African American people, obstructive sleep apnea should be a focus of primary prevention.

Citation: Johnson DA, Guo N, Rueschman M, Wang R, Wilson JG, Redline S. Prevalence and correlates of obstructive sleep apnea among African Americans: the Jackson Heart Study. *Sleep*. 2018;41(10).

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Sleep Apnea Puzzle

Directions: Fill in the blanks below and then find the words in the puzzle.

- It helps for the room to be _____ at bedtime or nap time.
- Not getting enough sleep can leave you in a bad _____.
- Sleep _____ is a term for interrupted breathing while sleeping.
- If you're constantly _____ you may need to review your sleep habits.
- Different _____ types support those who sleep on their back, sides or belly.
- Avoid _____ and intense situations before bedtime.
- Some medical _____ specialize in diagnosing sleep problems.
- Regular _____ can help your body rest when it's time to sleep.
- Your _____ may need to be flipped over to avoid flat spots.
- Changing your _____ while sleeping can help blood flow.
- Most people need _____ of sleep; children and teens need more.
- Try to maintain a consistent sleep _____, even on weekends.
- If you lie in a strange position, your arm or leg may fall _____.
- Consuming _____ or _____ before bed can affect your sleep quality.
- Some people need the room _____ to be cooler for sleeping.



Answer Key: 1. Dark; 2. Mood; 3. Apnea; 4. Tired; 5. Pillow; 6. Stress; 7. Doctors; 8. Exercise; 9. Mattress; 10. Position; 11. Eight hours; 12. Schedule; 13. Asleep; 14. Coffee; 15. Temperature

Grilled Chicken with Vegetables



Ingredients:

- Cooking spray
- 1 1/2 tsp. dried basil (crumbled)
- 1 1/2 tsp. garlic powder
- 1/4 tsp. salt
- 1/4 tsp. pepper
- 1 tsp. grated lemon zest
- 1 Tbsp. fresh lemon juice
- 2 tsp. olive oil (extra virgin preferred)
- 4 boneless, skinless chicken breast halves (about 4 ounces each), all visible fat discarded
- 1 small zucchini, cut lengthwise into slices 1/4 inch wide
- 1 small red bell pepper, cut crosswise into 4 rings
- 1/4 small eggplant (about 4 ounces), cut crosswise into 1/2-inch slices

Directions:

- In a small bowl, stir together the basil, garlic powder, salt, and pepper. Transfer 1 teaspoon of the mixture to a large shallow dish. Reserve the remaining mixture.
- Stir the lemon zest, lemon juice, and oil into the basil mixture in the shallow dish. Dip the chicken in the mixture, turning to coat. Transfer to a large plate. Cover and refrigerate for 10 minutes to 8 hours.
- Preheat the grill on medium high.
- Put the zucchini, bell pepper, and eggplant on a flat surface. Lightly spray both sides of the vegetables with cooking spray. Sprinkle both sides with the reserved basil mixture. Using your fingertips, gently press the mixture so it adheres to the vegetables.
- Grill the chicken for 4 to 5 minutes on each side, or until no longer pink in the center. After grilling the chicken on one side, put the zucchini, bell pepper, and eggplant on the grill. Grill the vegetables for 2 to 3 minutes on each side, or until tender. Serve the chicken with the vegetables on the side.

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